### **🍳 Savory Breakfast Bowl**

**Ingredients:**

* 2 scrambled eggs + ½ cup egg whites
* Roasted sweet potato
* Sautéed kale or spinach
* Avocado slices
* Hemp seeds or turkey bacon on top

### **🥗 Protein-Packed Power Salad**

**Ingredients:**

* Grilled chicken or tofu
* Mixed greens + arugula
* Quinoa or wild rice (optional)
* Chopped cucumbers, carrots, beets
* Olive oil + lemon dressing

### **🍲 One-Pot Chicken & Veggie Skillet**

**Ingredients:**

* Chicken sautéed with garlic
* Zucchini, bell peppers, spinach
* Coconut or liquid aminos for flavor
* Serve with cauliflower rice or lentils​